

WALKING TO IMPROVE HEALTH

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Walking: Your steps to health - Harvard Health

Yet Public Health England (PHE) has found that four in ten middle-aged adults – six Going for a walk has been shown to boost your happiness Credit: Getty.

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[Fail-Safe](#), [The Descent of Man \[with Biographical Introduction\]](#), [Blood Runs Cold](#), [Stumbling Over The Truth](#),
[Reagan and Gorbachev: How the Cold War Ended](#).

A hundred or so calories a mile might not seem like much, but they can add up to better weight control. Tired of walking alone?

Instead of competing for the closest parking space or paying extra for a nearb Mix and match to suit your health, abilities, personal preferences, and daily schedules. To avoid problems, back off if you are ill or injured, always listen to your body, stay well-hydrated, and avoid hazardous conditions.

Swing your arms with each stride, and keep up a steady, rhythmic cadence. Asir urge you to turn off your ad blocker for The Telegraph website so that you can continue to access our quality content in the future. The recommendations of 2.